



Atlantic County Executive, Dennis Levinson
Atlantic County Board of Chosen Freeholders
Joseph F. Silipena, Chairman

Learn how to be
a New You
in the
New Year!



Want to be a NEW YOU in the NEW YEAR? We'd like to help.

The Atlantic County Division of Public Health offers many free services to keep Atlantic County residents happy and healthy in 2007 including:

Live Stronger, Longer Program's Health Screenings

Blood Pressure, Cholesterol, Fasting Blood Sugar, Hemocult

Men's Health Clinic

Blood Pressure, Cholesterol, Diabetes, Hemocult, PSA

Women's Health Services

Breast Exam, Mammogram Prescription, Gynecological, Pap Smear,
Sexually Transmitted Disease Clinic, Individual Counseling, Follow-Up and Referrals

By Appointment Only 609-645-5933

Confidential Substance Abuse Screenings

Call for an Appointment 609-645-5945

Atlantic County Alliance Honors Volunteers

The Atlantic County Alliance in conjunction with the Governor's Council on Alcoholism & Drug abuse honored local volunteers at a reception held on November 29, 2006 at the Mays Landing Golf & Country Club.

The annual event celebrates the drug and alcohol prevention education programs that are supported in each of Atlantic County's municipalities by volunteer coordinators.

At the reception, Atlantic County Alliance Coordinator Bob Widitz complimented the work done by all of the alliance volunteers by stating, "each and every person who serves on an alliance has made an important contribution to their community and to the future of those communities by spreading the substance abuse prevention message." Sixteen individual volunteers, three community service

groups and two community partners were recognized for notably supporting alliance programs on a local and state level. Honorees included: **James Keeping, Absecon; Lamont Fautleroy, Atlantic City; Judy Venafro & Kathy**

Bress, Buena, Buena Vista Twp. and Weymouth Twp.; Egg Harbor City Kiwanis Club; Nicholas Silverio, Egg Harbor Township; Sandi Kaiser, Folsom; Marilyn Moore, Galloway Twp.; Lisa & Nicole Giapoutzis, Hamilton Twp. and Estell Manor; The Exchange Club of Hammonton; Tara Mikus, Linwood; Kathy Styles, Margate and Longport; Robert Carty, Robert James, George Clark and Arthur Faden of the Northfield Police Department; Pleasantville Envisions Pride and Prosperity; Albert Battaglia, Ventnor; Jack Imfeld, Atlantic City Police Department and Joann Silver, Miss America Organization. Thanks and congratulations to all alliance volunteers. ♦



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Division Offers New Pneumonia Clinic

The Atlantic County Division of Public Health is offering a new pneumonia clinic to eligible Atlantic County residents.

The pneumococcal vaccine is available by appointment at the Community Health Clinic located in the Stillwater Building at 201 S. Shore Road in Northfield. Eligible individuals are:

- Those age 65 or older who have never had a pneumonia shot.
- Those who received a pneumonia shot before age 65 but have not had one within the last 5 years.
- Those under age 65 with a chronic

medical condition who have never had a pneumonia shot or have not had one within the last 5 years.

Residents under 65 are required to have a note from their physician which specifies that it has been more than 5 years since their last pneumonia shot. There is no charge for Medicare Part B recipients. If you have a Medicare HMO, you must go to your primary care provider or you will be charged the \$25 fee and will have to submit a receipt to your insurance carrier. All others will be charged \$25. Call 609-645-5933 for an appointment. ♦

From the Health Officer's Desk...

Dear Public Health Partner,

I trust that you enjoyed the holiday season and that you, your family and friends are doing well.

The Division of Public Health is pleased to announce a new initiative to prevent disease in the community. Starting in January 07, for a nominal fee, pneumococcal vaccine is available to individuals that meet eligibility criteria as outlined on page one. There is no charge for Medicare B recipients. Pneumonia is a serious illness that can be life threatening, but thankfully most cases can be prevented through vaccination. If you think you may be a candidate for the vaccine or know of someone who may be eligible just call 609 645 5933.

In addition, the pneumonia shots will be offered year round. So if this month is not good for you try another!

Sincerely,



Patricia Diamond Health Officer

Contact Us

Community Health
609-645-5933

Environmental Health
609-645-5971

Health Planning & Education
609-645-5853

Substance Abuse Services
609-645-5945

Public Health Emergency
Hotline
609-677-5720

On the Web:
www.aclink.org/publichealth

How's Your Heart-Health?

Each February we focus on emotional matters of the heart. Do you take the time to evaluate your physical heart-health?

It is estimated that 1 of 3 American adults has high blood pressure or hypertension which increases your risk of developing heart disease or stroke. High blood pressure is often called the "silent killer" because it usually has no noticeable warning signs or symptoms, therefore many people don't realize they have it.

The good news is that high blood pressure is easily detectable and can usually be controlled. Blood pressure consists of a top number and a bottom number. The top (systolic) number represents the pressure while the heart is

beating. The bottom (diastolic) number represents the pressure when the heart is resting between beats. Normal blood pressure is a systolic blood pressure less than 120 and a diastolic pressure less than 80.

If you haven't had your blood pressure checked, call the Atlantic County Division of Public Health at 609-645-5933 to schedule an appointment for a free blood pressure screening.

You can also begin to control your blood pressure by increasing physical activity and reducing dietary salt intake.

Take heart: knowing your blood pressure level and checking it regularly could save your life. ♦

Screen for Life: Colorectal Cancer

Colorectal cancer is the second leading cause of cancer-related deaths in the United States for both men and women.

Adults age 50 and older are at the greatest risk for developing colorectal cancer, so it is imperative that they have screening tests regularly to detect the cancer in its most curable stage.

The Centers for Disease Control (CDC) has launched a campaign called "Screen for

Life" to inform men and women about the importance of having colorectal cancer screening tests.

March is National Colorectal Cancer Awareness Month. Why not celebrate by scheduling an appointment for you or a loved one today? The Atlantic County

Division of Public Health is taking appointments for free screenings at 609-645-5933. Call today and "Screen for Life." ♦



Protect Your Family From Household Hazards

Over 2,600 Poison Exposures Were Reported in Atlantic County Last Year



The same products that help keep your body healthy and your house clean may also cause severe injuries and even death.

On March 18-24, the Atlantic County Division of Public Health will observe National Poison Prevention Week with a reminder to all county residents that many everyday items can be dangerous if used inappropriately.

The New Jersey Poison Information and Education System reports that nearly 80,000 poison exposures are reported to local poison control centers annually. Over 2,600 of those calls come from Atlantic County Residents.

Most poison exposures occur in the home and involve common household products such as cleaning supplies, medicine, cosmetics and other personal care items. Keep your family safe by storing harmful substances out of the reach of children. If you think someone has been exposed to poison, call 1-800-222-1222. The Division of Public Health investigates cases of childhood lead poisoning and ensures that chemicals are clearly labeled and stored appropriately during inspections of public facilities such as restaurants and swimming areas.

For more information about preventing poison exposures in your home call 609-645-5971. ♦

Need A Flu Shot? *Call for an appointment today.*



Flu shots are available, by appointment, to residents 6 months and older for a fee of \$15. There is no out-of-pocket fee for Medicare Part B recipients who present their Medicare card. **To schedule an appointment call 609-645-5933. ♦**